

# Hurricane Season: Are you ready?

## ☐ Disaster preparedness and response

*This information is compiled from the Commander, Naval Region Hawaii webpage: <http://www.hawaii.navy.mil>*

**DEVELOP A PLAN** - Emergency preparedness and response planning should involve all family members, if you are staying in your home or going to an emergency shelter.

Conduct family meetings.

Identify emergencies that may affect the individual/family.

- \* Talk about what each family member should do in preparation for, and in response to, each emergency identified.
- Individuals should also consider preparation and response to each emergency identified.
- \* Determine primary and alter-

nate locations where family members can meet if an emergency happens while away from home/work.

- \* Select a pre-designated place to meet outside if a sudden emergency, such as a fire, forces you out of the house.
- \* Identify the safe areas in the home.
- \* Select someone outside your immediate area to act as a central point of contact for your relatives and friends who may try to call following an emergency or disaster, as you may have limited or no telephone service.
- \* Plan for child care if parents can not get home.
- \* Prepare prescriptions and a first aid kit.
- \* Remember pets can not go to designated shelters, make alternate plans for your pets.
- \* Determine special family needs (medication, equipment etc.)
- \* Prepare a preparedness and response plan, even if you are staying in your home or going to an

emergency shelter. Written plans are the best.

- \* Include a list of family members' prescribed medications, giving generic names and prescribed dosage.
- \* Include a list of doctors and telephone numbers.
- \* Include a list of special medical devices such as pacemaker/insulin pump, the style, serial number, and other pertinent information.
- \* Include vital family records such as mortgage papers, medical records, insurance policies, birth certificates, marriage licenses, will, tax records, and other irreplaceable items.
- \* Prepare a five-day supply of special medicines or foods required.
- \* Prepare a five-day supply of non-perishable foods.
- \* Remember a non-electric can opener.
- \* Prepare a five-day supply of water stored in sealed, unbreakable containers.
- \* Select a battery powered radio

and extra batteries.

- \* Select a flashlight and extra batteries.
- \* Collect sleeping bags or blankets.
- \* Prepare a change of clothing for each family member.
- \* Prepare adequate toilet articles.
- \* Keep car fueled to at least 3/4 full.
- \* Listen to radio or television broadcasts for local emergency announcements.
- \* Listen to mobile public address system emergency announcements.
- \* Follow evacuation instructions and advice of local officials including travel routes that are specified.

**RETURNING HOME** - Exercise caution!

- \* Check for:
- \* Structural damage
- \* Electrical short circuits
- \* Gas Leaks
- \* Broken water lines
- \* Contaminated food/water

## Emergency food/supplies checklist

These items are suggested if you are staying in your home or going to an emergency shelter.

**Prescriptions:**  
Make sure those using prescribed medications are prepared.

**Paper/products:**  
Plates, bandages, radio, cups, gauze, flashlight, plastic utensils, cotton balls, lantern, napkins, sanitary napkins, 'AA,' 'C,' 'D,' paper towels and rubbing alcohol.

**First aid:**  
Toilet tissue, hydrogen peroxide, diapers, antiseptic ointment, aluminum foil, aspirin/tylenol, facial tissue, cotton swabs, masking tape, batteries.

**Containers, cleaning aids, quick foods:**

Ice chests, bottled water, mops, canned meat/fish, non-breakable water jugs, mop refills, prepared baby foods, plastic garbage can, disinfectants, peanut butter, water buckets, sponges, canned fruits, detergents.

**Food preparation:**  
BBQ hibachi/fuel, lantern, stove, fuel.

Charcoal 10 or 20lb. bags, lantern, candles, matches, propane gas, disposable lighters, fire extinguishers. Note that extinguishers are rated (A, B and C) for different types of fires.

- \* Use Lanterns, Stoves, etc. outdoors or in a well ventilated room.

## 5-day emergency food supply

*(Recommendation for two-person household. Adjust quantities as needed.)*

These items are suggested if you are staying in your home or going to an emergency shelter.

### Milk:

Non-fat dry milk, 1 box (12 - 1qt. envelopes)

### Canned meat, poultry and fish

Tuna 1 can (6 - 1 1/2 oz.)  
Beef stew 1 can (1 lb. 8 oz.)  
Chili with beans 2 cans (15 1/2 oz.)  
Red/ pink salmon 1 can (7 - 3/4 oz.)  
Vienna sausage 2 cans (5 oz.)  
Spam 2 cans (12 oz.)  
Corned beef hash 2 cans (15 oz.)  
Corned beef 2 cans (12 oz.)  
Deviled ham 2 cans (4 1/2 oz.)  
Pork and beans 2 cans (1 lb.)  
Chunked chicken 1 can (12 1/2 oz.)  
Condensed soups 4 cans (10 3/4 oz.)

### Canned fruit and vegetables

Assorted fruits, 9 cans (1 lb.)  
Assorted vegetables 5 cans (1 lb.)  
Assorted fruit juices 10 cans (12 oz.)  
Seedless raisins 1 box (15 oz.)

### Cereals and baked goods

Instant hot cereal 1 box (10 oz. 8 pkg.)  
Cold cereal (corn flakes) 1 box (1 lb. 4 oz.)  
Soda crackers 2 pkg. (13 oz. each)  
Rice 2 lb.  
Cookies 1 pkg.

### Shortening / oils

Salad oil 1 pt.

### Sugar/sweets

Sugar, granulated 1 box (1 lb.)  
Hard candy, gum \*As desired  
Jelly 1 jar (1 lb.)  
\*Store in metal containers.

### Miscellaneous

Instant orange drink 1 bottle (1 lb. 2 oz.)  
Instant coffee 1 bottle (4 oz.)  
Instant tea 1 bottle (2 oz.)  
Non-dairy creamer 1 bottle (6 oz.)  
Salt - 1 small shaker  
Pepper 1 small shaker  
Curry powders 1 jar  
Peanuts 1 jar  
Mustard 1 jar  
Catsup 1 bottle (14 oz.)  
Soda (1) 6-pack 12  
Peanut butter (unopened) 1 jar (18 oz.)

Satellite image courtesy of Naval Pacific Meteorology and Oceanography Center (NAVPACMOCCENT)

## Related information on World Wide Websites

City/County Honolulu Civil Defense - [www.hgea.org/E911/](http://www.hgea.org/E911/)  
Pacific Disaster Center (PDC) - [www.pdc.org](http://www.pdc.org)  
Hawaii State Civil Defense - [www.pdc.org](http://www.pdc.org)  
Naval Pacific Meteorology and Oceanography Center (NAVPACMOCCENT) - [www.npmoc.navy.mil/npmoc/prods/home.shtml](http://www.npmoc.navy.mil/npmoc/prods/home.shtml)  
American Red Cross (ARC) - [www.hawaii.redcross.org](http://www.hawaii.redcross.org)  
National Weather Service - [www.nws.noaa.gov/](http://www.nws.noaa.gov/)  
Federal Emergency Management Agency (FEMA) - [www.fema.gov](http://www.fema.gov)  
FEMA general information - [www.fema.gov/fema/known.html](http://www.fema.gov/fema/known.html)  
FEMA hurricane background - [www.fema.gov/fema/hurricane.html](http://www.fema.gov/fema/hurricane.html)  
FEMA Disaster Facts - [www.fema.gov/fema/factor.html](http://www.fema.gov/fema/factor.html)  
FEMA hurricane fact sheet - [www.flinet.com/~reiter/fema.html](http://www.flinet.com/~reiter/fema.html)  
FEMA Publications - [www.fema.gov/PDF/ldp.htm](http://www.fema.gov/PDF/ldp.htm)  
Tropical Storm Watch Information - [www.fema.gov/fema/trop.html](http://www.fema.gov/fema/trop.html)  
Guide to Hurricane Information - 167.8.29.7/weather/whur.htm  
Hurricane: Living with a Tropical Weather Systems - [www.flinet.com/~reiter/](http://www.flinet.com/~reiter/)  
Hawaiian Electric Company, "Storm Tracks" - [www.hei.com/heco/stromtracks.html](http://www.hei.com/heco/stromtracks.html)  
The Weather Channel Classroom - [www.weather.com/hurricane.html](http://www.weather.com/hurricane.html)  
University Corporation for Atmospheric Research - [www.ucar.edu/](http://www.ucar.edu/)  
Weather Information - [www.ucar.edu/wx.html](http://www.ucar.edu/wx.html)  
International Tsunami Information Center (ITIC) - [tsunami.ce.washington.edu/tsunami/counter.acgi/view](http://tsunami.ce.washington.edu/tsunami/counter.acgi/view)  
Family Disaster preparedness checklist, equipment and supplies - [TheEpicenter.com/chklist.html](http://TheEpicenter.com/chklist.html)  
USA Today guide to hurricane information - [www.usatoday.com/weather/whur.htm](http://www.usatoday.com/weather/whur.htm)